

# RECIPE ANALYSIS

Recipe Name : E-42  
Serving Size : 1/10th of round

Recipe Desc : Fiesta Muffuletta  
Prep Time :

Author :  
Cook Time :

Yield : 10

Nutrition Information		
Serving Size: 1/10th of round		
Amount Per Serving		
<b>Calories 260.19</b>	<b>Calories from Fat 172.18</b>	
% Daily Value		
<b>Total Fat</b>	<b>19.13 g</b>	<b>29%</b>
Saturated	10.40 g	52%
PolyUnSat	0.10 g	n/a
MonoUnSat	0.96 g	n/a
<b>Cholesterol</b>	<b>62.44 mg</b>	<b>21%</b>
<b>Sodium</b>	<b>643.41 mg</b>	<b>27%</b>
<b>Potassium</b>	<b>62.04 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>6.06 g</b>	<b>2%</b>
Dietary Fiber	1.22 g	5%
Sugars	2.00 g	n/a
<b>Protein</b>	<b>16.83 g</b>	
Vitamin A - 30%	Vitamin C - 24%	
Calcium - 34%	Iron - 7%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 4%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 0%	
Zinc - 0%	Copper - 1%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	4.922 mcg
Vitamin A	1475.591 IU
Vitamin A	295.119 RE

Water Soluble Vitamins	
Thiamin B1	0.006 mg
Riboflavin B2	0.067 mg
Niacin B3	0.000 NE
Niacin B3	0.052 mg
Pyridoxine B6	0.003 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	14.352 mg
Folic Acid	1.102 mcg

Minerals	
Phosphorus	34.014 mg
Zinc	0.005 mg
Magnesium	0.394 mg
Copper	0.014 mg
Selenium	0.016 mg
Iron	1.339 mg
Calcium	342.834 mg
Manganese	0.007 mg
Iodine	0.000 mcg

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

